

CONTRIBUTORS TO SWEDISH FAMINE FUND

The total Swedish Famine fund contributions to date amount to \$450.85. These figures are being added to daily and are expected to be very materially increased. The rendition of the "Amazons" at the Theater this afternoon and evening will materially swell the list. The new subscribers and the amounts they have contributed are as follows:

Acknowledged Feb. 7, 1903.....	\$420.15
Anna Glusing, Mink Creek, Ida.....	25
Carl E. Glusing, Salt Lake City.....	25
Peter Erickson & Sons, S. L. City.....	2.50
H. C. Hansen, Honeyville.....	2.00
I. C. Thorsen, Hyrum.....	2.00
E. S. Morgan, Liberty, Idaho.....	1.00
Mrs. M. J. Blakely, Elmhurst.....	1.00
Mrs. Anna Hoyle, West Weber.....	5.00
John Mattson, Salina.....	2.00
P. A. Johnson, Salina.....	2.00
P. F. Petersen, Salina.....	50
Geo. A. Bird, Salina.....	50
H. S. Anderson, Salina.....	50
Bishop J. S. Jensen.....	50
Oscar Mattson, Salina.....	2.00
C. E. West, Salina.....	50
Charles Coulson, Salina.....	50
Erika Johnson, Salina.....	50
August Peterson, Salina.....	25
Joseph Lapsch, Salina.....	50
T. G. Humphrey, Salina.....	50
Mrs. D. Paulson, Salina.....	25
A. P. Clawson, Salina.....	2.00
John Anderson, Salina.....	2.00
Wm. G. Cornish, Salina.....	50
Hans Christensen, Salina.....	50
August Erickson, Salina.....	1.00
Mr. Anderson, Salina.....	75
G. A. P., Salina.....	1.00
Lara Christensen, Salina.....	50
A. J. Crozier, Salina.....	50
Mathias Erickson, Salina.....	1.00
H. C. Clawson, Salina.....	50
Carl Hanson, Salina.....	50
H. D. Murphy, Salina.....	1.00
A. N. Gust, Salina.....	1.00
C. Lorentson, Salina.....	1.00
K. Yunker, Salina.....	50
Joseph Colly, Salina.....	50
Rudolph Nordfelt, Salina.....	50
P. L. Nordfelt, Salina.....	50
H. J. Gottfredson, Salina.....	50
V. Burns, Salina.....	50
N. Peterson, Salina.....	50
Andrew Christensen, Salina.....	75
Sophia Christensen, Salina.....	25
T. W. Simper, Salina.....	1.00
John Brubbe, Salina.....	25
G. Fenn Sr., Salina.....	25
O. Fenn Jr., Salina.....	50
John Olson, Salina.....	50
John A. Dastup, Salina.....	50
Ernest Murphy, Salina.....	50
Hyrum Murphy, Salina.....	50
Alma Murphy, Salina.....	50
W. C. Murphy, Salina.....	50
Carl Murphy, Salina.....	50
Hans Hermanson, Salina.....	50
W. R. Rasmussen, Salina.....	50
J. D. Pace, Salina.....	50
A. Forslie, Salina.....	50
G. Brandt, Salina.....	50
C. P. Anderson, Salina.....	50
E. Friend, Salina.....	50
Hilmer Peterson, Salina.....	1.00
Geo. T. Stevens, Salina.....	50
J. F. Mortensen, Salina.....	25
Petronella McFadyen, Salina.....	25
W. H. Rex, Salina.....	50
Jens C. Peterson, 11th Wd. S. L. C.....	2.00
Inga C. Peterson, 11th Wd. S. L. C.....	1.00
Mrs. K. M. Madson, 9 Wd. S. L. C.....	75
Mary Guldbrandsen, Woodruff, Ar.....	2.00
J. M. Christensen, S. L. City.....	3.00
Fourth Wd. Spanish Fork, per.....	
James Anderson.....	\$1.00
Evans Johnson, Salt Lake City.....	2.00
John A. Larson, Sandy.....	1.00
Olivia C. Foutz, Pleasant Grove.....	1.00
C. P. Peterson, Pleasant Grove.....	1.00
August Warnick, Pleasant Grove.....	1.00
N. P. Peterson, Pleasant Grove.....	2.00
Nils Paulson, Pleasant Grove.....	1.00
Maria W. Paulson, Pleasant Grove.....	1.00
Carl Osterberg, Pleasant Grove.....	1.00
Maria K. Svenson, Pleasant Grove.....	1.00
Sven Olof Anderson, Pleasant Grove.....	1.00
Kjersti Jensen, Pleasant Grove.....	2.00
Mons Monson, Pleasant Grove.....	1.00
R. H. Lund, Pleasant Grove.....	1.00
P. A. Jansen, Pleasant Grove.....	1.00
Charles Jansen, Pleasant Grove.....	1.00
Jeppie Nielsen, Pleasant Grove.....	1.00
Nils Sorenson, Pleasant Grove.....	1.00
Thomas Larson, Pleasant Grove.....	1.00
M. S. Oscarson, Pleasant Grove.....	1.00
Karun Johnson, Pleasant Grove.....	1.00
L. G. Svenson, Pleasant Grove.....	50
J. N. Walter, Pleasant Grove.....	50
Miss Walter, Pleasant Grove.....	50
Christian Christensen, Pl. Grove.....	50
C. J. Williams, Pleasant Grove.....	50
Anders C. Thomsen, Pleasant Grove.....	50
Ingril Nilsson, Pleasant Grove.....	50
Hans Jorgensen, Pleasant Grove.....	50
J. G. Jansen, Pleasant Grove.....	50
Glen Albion, Pleasant Grove.....	50
Isaac Carlson, Pleasant Grove.....	50
Nils Svenson, Pleasant Grove.....	50
Jens Nelson, Pleasant Grove.....	50
Olof Monson, Pleasant Grove.....	50
Louis Peterson, Pleasant Grove.....	50
Inger Paulson, Pleasant Grove.....	50
Christian Hyberg, Pleasant Grove.....	50
N. C. Nelson, Pleasant Grove.....	50
Emma Larson, Pleasant Grove.....	50
Anders Anderson, Pleasant Grove.....	50
Jane Nilsson, Pleasant Grove.....	50
Margaret Fugel, Pleasant Grove.....	50
Marie Christensen, Pleasant Grove.....	50
Ida Brun, Pleasant Grove.....	50
Haukan Nilsson, Pleasant Grove.....	75
Total.....	\$450.85
Grand Total.....	\$450.85

WENT DOWN IN THE WHIRLPOOL

LOSS OF THE STEAMER STRECKLER IN THE GREEN RIVER RAPIDS.

Many Passengers Narrowly Escape With Their Lives—Thrilling Experience of a Rochester Girl—The Story of the Rescue.

The captain of the steamer George Streckler which went down during a blizzard, in the whirlpool of the Green river, had navigated the rapids for over twenty years previous to the fatal trip. The accident occurred soon after the passengers had breakfasted and many of them were on deck watching the frosted waters. Among them was Miss G. E. Redfern, of No. 38 Ambrose street, Rochester, N. Y., and her account of the accident and of her thrilling rescue gives the best story of the passengers' fierce struggle for life. "When the boat struck," says Miss Redfern, "some of the men jumped into the water and swam for shore. Others were clinging to floating bales of goods and these were rescued by some men in a long boat. I was caught on a projection of the steamer and went overboard. I was thrown into the air and fell head first into the water. I was under water for some time before I reached the shore."

At the time of the accident Miss Redfern was returning to Rochester from Kentucky having to the shock of the accident, she reached home in an alarming state of health. "I was covered with ice," she said, "when they brought me ashore. I was black and blue from my bruises and my relatives said they did not think I would live. But for a long time, until I took Dr. Williams' Pink Pills for Pale People, my nervous system was a wreck. Doctors had not helped me and I was very miserable. My health ran down to an alarming degree. I was weak and nervous and was extremely nervous and irritable. But Dr. Williams' Pink Pills changed all this. In a short time after beginning with them I felt better and, after using a few boxes more, I felt like my old self again. I have recommended this remedy to all my friends and acquaintances and know it has accomplished much good."

The accident which befell Miss Redfern was not of the kind which falls to the lot of most persons, but the results that followed were the same. In kind, as the many nervous troubles with which thousands of people are afflicted. Only in her case they were unusually severe. Her nervous system was wrecked and no medicine did her any good until she tried Dr. Williams' Pink Pills for Pale People. They cured her. These pills have become famous all over the world for their wonderful efficacy in cases of this kind. They have cured when the trouble was as severe as Miss Redfern's and they cure lesser nervous disorders without fail. Acting directly on the nerves and blood, they are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatitis, neuralgia, rheumatism, nervous headache, the after-effects of the grip, palpitation of the heart, pale and sallow complexion and all forms of weakness either in male or female. Dr. Williams' Pink Pills for Pale People are sold by all dealers, or will be sent postpaid on receipt of price, fifty cents a box, or six boxes for two dollars and fifty cents, by addressing Dr. Williams Medicine Company, Schenectady, N. Y.

meats and fish seems to be one of the fixed laws of the American cuisine. Strange that so homely a vegetable should hold such an unassailable place in popular fancy, for it is regarded in the same light by rich and poor; and stranger still that a food in such common use and universal use should be so little understood and badly cooked. As it is one of our most available forms of starchy foods its dietetic value cannot be denied, but that it is rendered a valuable food under the treatment of the average cook, admits of much controversy but little doubt. The proximate elements in potatoes vary much as they are affected by kind, season, ripeness and soil, but the best known of our home-grown varieties do not differ very greatly in chemical composition. Selection is, however, seldom made on this ground, but according to the taste of the individual or the manner of cooking and serving. The tuber that is dry and mealy after it is cooked is the choice of most persons and is to be preferred for baking or when it is to be mashed to a fine smooth light mixture. For some purposes the waxy or watery potato is best adapted, for example potato salad or hashed brown potatoes.

The deficiency of mineral matter in potatoes make them unfit to be a sole food, but this deficiency is usually supplied by addition of hard water, milk and other food substances which combine with potatoes to please the sense of taste by adding a supplementary relish. When potatoes are peeled it is necessary to throw them in cold water to prevent their changing color, but they should not remain long, as the water will extract a greater proportion of the nutritious part than is desirable. For this reason they should be placed in boiling water, if intended to be cooked by this medium. The water in which they are boiled is not used as food, as it is, or should be, nearly destitute of nutritive matter, and is believed to contain substances which are injurious to health.

Baked potatoes should not be put in a slow oven as the peel will harden and thicken and the vegetable not be well cooked. They require a moderately hot steady oven from first to last.

Stewed Potatoes. Chop cold boiled potatoes rather fine, but not mushy and put them into a shallow pudding basin, sprinkle with salt and pepper and add just enough milk to cover the potatoes and a large tablespoonful of butter broken into bits. Set the basin over a pan containing boiling water and set in the oven and stir occasionally while cooking. Do not let them brown. Let cook slowly for an hour until creamy.

German Potato Cakes. Grate raw potatoes and add to each cupful of potato, grated, one egg, a level tablespoonful butter and sufficient flour to make them hold together, season to taste with salt, sugar and cinnamon and fry in a saucpan or on a hot griddle like pancakes, until nicely browned on both sides.

Potato Timbale Cases. After mashing potatoes in usual manner and seasoning with salt, pepper, butter, and a little onion juice, add to each cupful one beaten egg, stir over the fire until the mixture leaves the side of the saucpan, then flour some little plain mould cups and line them to the depth of half an inch with the potato mixture, packing it firmly and smoothly; turn out carefully and brush with egg and set in the oven to brown. When done carefully turn them over and fill them with any creamed meat, fish, oysters, or vegetables, sprinkle a very little minced parsley over the top and serve.

Princess Potatoes. To one pint of mashed potatoes add one tablespoonful of melted butter, one well-beaten egg and salt and pepper to taste. Mix well, then put out into a square sheet, half an inch thick and cut into strips two inches long and one inch wide. Brush melted butter, then cover

with beaten egg, lift them carefully with a knife and lay them on a well buttered tin sheet and bake in a quick oven for about 12 minutes.

Potatoes Fritters. Grate fine cold boiled potatoes and mix with five tablespoonfuls of flour sifted with a teaspoonful of baking powder and a teaspoonful of salt, mix lightly as possible to be thorough, then add half a cup of milk, two eggs well beaten. Drop by spoonfuls into deep hot fat and fry for eight minutes turning them so they will brown easily.

Laquiries Answered. Mrs. L. Y. writes—Please inform me if there is any simple way of starting yeast when old yeast fails or cannot be obtained?

A Ferment for Yeast. This is a simple method used by some farmers' wives. Make a batter of flour and water, about as thin as liquid yeast and let it stand, uncovered, in a warm place until it ferments and becomes full of bubbles. It will require a pint of this to equal a cupful of lively old yeast, in starting the new supply, as you have a young growth of yeast plant obtained from the atmosphere and at the same time an uncultivated variety.

Swiss Salad Dressing. M. D. S. writes: Kindly give directions for making a cheese salad dressing. Chop fine two tablespoonfuls of moist rich cheese, add a teaspoonful of salt, a dash of paprika, quarter of a tablespoonful of good vinegar, tarragon preferred, rub to a smooth paste, then mix with enough salad oil to make it the right consistency. Beat until it is smooth and perfectly blended.

SANDY WAS A WISE MAN.

Old Sandy C., who used to collect the mining royalties for the Duke of Hamilton, was a bit of a wag. One day Sandy was late for his train for Poyness, and the only way he could catch his connection was by walking across the line. A certain gentleman informed Sandy that it was useless for him to attempt to cross by the railway, as there was a watchman stationed at the camp before who would allow no one to pass over it.

"What sort of countryman is he?" inquired Sandy. "An Irishman," was the immediate rejoinder. "Well," responded Sandy, "if he is an Irishman I'll get over," and straight away he went.

Coming up to the bridge, Sandy espied the Irishman coming out to stop him, but before Pat had got time to breathe, Sandy gasped out, "I beg your pardon, sir, I see you're a man of authority, and I have just to throw myself on your tender mercies!"

"Jabers, go on," returned Pat, without a moment's hesitation. Had the watchman, Sandy used to say, been a Scotchman, he would have had to fight him, and had he been an Englishman he would have had to debate the question.—Tit-Bits.

MELANCHOLIA

Is a Perilous Disease and One That Leads to Insanity.

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Has Saved Thousands of Melancholists From the Grave.

Melancholia is a grave disease; it has a tendency to induce suicide and homicide; in many cases it leads to dread insanity. The most important symptom of ordinary melancholia is sleeplessness. Another symptom of the greatest importance is a dull pain in the back of the neck, extending to the back of the head. Then we see other symptoms, such as depression of spirits, slow mental and muscular movements, retarded speech, terrifying hallucinations, aversion to food and a disregard of life. Every case of melancholia is directly traceable to a weakness or collapse of the nervous system. The nerve branches of the sympathetic system, the spinal column and brain, are not doing their work, and the blood is thin, sluggish or impure.

Paine's Celery Compound is the great restorer and life builder for every melancholic victim. As a nerve food, this marvelous Compound quickly imparts nourishment and life to the system, restores the nerves, after which comes a new vitality—a feeling that life is precious and worth living. The stomach, liver, and kidneys are toned, digestion becomes perfect, a natural appetite is bestowed, and sweet, refreshing sleep conduces to a vigorous health. Paine's Celery Compound has saved more melancholic and nervous sufferers than all other combined agencies. Do not treat the symptoms of melancholia with indifference. Begin today with Paine's Celery Compound, and avoid the perils that drag to insanity and the grave.

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are often distressed by dry or badly bleached hair.

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is the most lasting hair coloring known. Promotes the growth of hair, restores the natural color, and its use makes the hair soft, glossy and healthy. Sold everywhere. Beware of cheap imitations. Price 25c per bottle. Trial sample free. Write for it.

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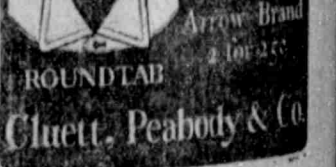
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WHAT TO EAT.

Valuable Suggestions for the Kitchen and Dining Room.

This matter will be found to be entirely different from and superior to the usual run of food articles, in that every item is a nugget of culinary wisdom and eminently practical. Conducted by Katherine Kurtz Marquette building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

Menus for Three Days.

SUNDAY.

BREAKFAST.

Fruit. Cream. Cereal. French Rolls.

DINNER.

Cream of Onion Soup. Pickles. Potted Rabbit. Cauliflower. Mashed Potatoes. Beet Root Salad with Mayonnaise. Rice Pudding. Velvet Sauce.

SUPPER.

Lettuce and Olive Sandwiches. Haised Whole Wheat Biscuit. Chocolate eclairs.

MONDAY.

BREAKFAST.

Fruit. Cream. Ham Omelet. Duchess Potatoes. Bread Biscuit.

LUNCHEON.

Veal Loaf. Spiced Pears. Rusks. Preserved Cherries.

DINNER.

Cream of Potato Soup. Broiled Steak with Mushroom Sauce. Scalloped Potatoes. Creamed Celery. Apple and Celery Salad in Apple Cups. Cheese Wafers. Baked Custard with Whipped Cream.

TUESDAY.

BREAKFAST.

Steamed Flax with Cream. Cereal. Cream. Hamburger Steak. Creamed Potatoes. Waffles. Syrup.

Coffee. LUNCHEON. Sardines on Buttered Toast. Imperial Sauce. Sweet Potato Croquettes. White Bread Sandwiches. Ginger Cookies.

DINNER.

Bouillon in Cups. Cold Slaw. Preserved Ginger. Stuffed Breast of Veal. Mashed Potatoes. Oyster Plant. String Bean Salad. French Dressing. Wafers. Cheese. Date Pudding. Coffee.

The Every-day Potato.

The serving of white potatoes with



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As Toast it replaces bread and perfectly nourishes the whole body.

Acquire the habit and have that buoyant feeling of youth.

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